



COACHING GUIDE



**Practical Tools for
the Beginner Touch Coach**





TOUCH TERMINOLOGY

Below are some Touch-specific terms. The list is not meant to be comprehensive.

- **Attacking Scoreline:** the line on or over which a team has to place the ball to score a touchdown.
- **Defending Scoreline:** the line which a team has to defend or prevent a touchdown.
- **Dummy-Half:** the player who picks up the ball after a team-mate has performed a rollball. If touched, possession is handed over. Dummy-half cannot score a touchdown.
- **Dummy Pass:** A dummy or feint refers to a particular player deceiving the opposition into believing he is going to pass but instead retaining and running with the ball.
- **Dump or Quickie:** a quick rollball to further attacking opportunities from the ensuing play. At levels above beginners these constitute a high proportion of all touches/roll balls.
- **Fade or Drag:** an angled run forwards and towards the wing/sideline in an attempt to drag the defenders sideways and potentially open up gaps on the open side.
- **Link:** the player position between the middles and the wings (the second player from the sideline).
- **Mark:** the location on the field where the attacking player is at the time of touch, or the position where a tap is awarded as a result of an infringement
- **Middle:** the player position in the middle of the players (the third player from either sideline).
- **Open Side:** the side of the ball carrier with the most number of players.
- **Phantom:** a defensive player claiming a touch when no touch had in fact been made. Frowned upon by the vast majority of players. A "yes/no" call is also regarded as a phantom. If spotted a phantom call results in a penalty, forced sub or sin bin.
- **Positions:** Advanced level teams are generally split into three positions: two "wings" (the players on either edge of the field i.e. 'right wing' and 'left wing'); two "middles" (the central players); and two "links" (the players between the wings and middles, one on each side of the field i.e. 'right link' and 'left link'). *Re-Align:* when an attacker moves back into an onside position (behind the ball) after passing or making a touch.
- **Rollball:** must be performed once a player in possession is touched by the opposition or after a turnover. The rollball is performed by placing the ball on the mark, and either rolling the ball backwards, or stepping forward over it. The ball is picked up by another player on the attacking team (see dummy-half). Above a beginner level, players usually never actually roll the ball along the ground.
- **Settle:** attacking play intended to promote the ball down the field rather than specifically result in a touchdown (aka 'doing the yards').
- **Scoop:** an attacking move following the dump, whereby a player runs from the half position in an attempt to get past the defensive line.
- **Short Side:** the side to the ball carrier with the least number of players.
- **Step:** to beat (i.e. run past) an opponent by changing direction suddenly.
- **Squeeze/Sliding Defence:** The 'sliding defence' requires that gaps are left at either edge of the field at the end of the defensive line, which aims to squeeze more players around the area of play. This allows the line to be at its strongest around the position of play, thus leaving the attacking side less opportunity to run through the line. Should the attacking side move the ball towards one edge of the field in an attempt to go around the defensive line, then the entire defensive line will move in that direction; this is known as squeezing or sliding.
- **Switch or Cut:** an attacking move where the ball player passes to a receiver in the direction that the receiver has come from, as they run angled lines that cross over with the receiver running behind the ball carrier.
- **Touch:** is contact on any part of the body between a player in possession of the ball and a defending player. A touch includes contact on the ball, hair or clothing and may be made by a defending player or by the player in possession.
- **Touchdown:** is the result of an attacking player, except the dummy half, placing/grounding the ball on or over the teams attacking scoreline.
- **Wing:** The player position nearest to each sideline.
- **Wrap or Loop:** a variation on the switch move where the ball carrier passes to the receiver then runs behind them to the other side to receive the ball again.



SIMPLIFIED RULES OF TOUCH

1. **Duration:** A Junior game shall be 15 minutes each way. Modules may alter the duration of games to suit their particular requirements, and include a half time break if time allows.
2. **Extra Time and the Drop Off:** When a match is drawn and a single winner is required, extra time is played and teams drop off players every two minutes. The first team to score a Touchdown wins the match once both teams have had possession (not normally used in junior competition rounds).
3. **Field of Play:** The field is 70m long (shoreline to shoreline) and 50m wide. Substitution boxes measuring 20m x 5m shall be on both sides of the field. Touchdown zone is the area beyond the scoreline. Year 1&2 grades play on a half touch field.
4. **Foul Play will Not be Tolerated:** Any foul play (the referee being the sole judge) will result in the offending player being penalised, sent to the sin bin for up to 5 minutes, or being sent from the field for the remainder of the game, depending on the severity of the offence.
5. **Mixed Teams:** A mixed team can be made up of any ratio of male/female players. The team is not permitted to field more than three male players or not less than one female player at any time.
6. **Offside/Onside:** After a touch has been made all defending players must retire 5 meters from the mark. Defenders cannot move up until the dummy half has touched the ball.
7. **Passing:** A player may pass, flick, knock, throw or otherwise deliver the ball to any onside player in the attacking team. Passing forward is NOT permitted.
8. **Penalty:** A player/team will be penalised when they infringe particular rules. When a player/team is penalised the opposing team shall restart play with a tap. The defending team must retire ten metres from the mark until the ball is tapped.
 - **Touch and Pass:** A player is not to pass the ball after a touch has been made.
 - **No Touch:** a player in possession is not to perform a rollball unless a touch has been effected.
 - **Forward Pass:** a player in possession is not to pass, flick, knock or throw the ball in a forward direction.
 - **Off The Mark:** a player performing a rollball must position on the mark.
 - **Obstruction:** Players of the attacking team are not to obstruct defending players from attempting to effect a touch. Defending players are not to obstruct/interfere with attacking players supporting the ball carrier.
9. **Player Attire:** All team members must be correctly attired in team uniforms. Footwear with moulded soles are permitted. Bare feet, spikes and footwear with screw-in studs are not permitted. Players are not to wear any item of jewellery that might be dangerous.
10. **Possession:** The team with the ball is entitled to six touches prior to changing possession with the opposing team. A change of possession shall occur:
 - After the 6th touch.
 - When dummy half touched while in possession.
 - After incorrect rollball.
 - When ball to ground.
 - When a player in possession steps out of the field of play.
 - Whenever the referee indicates.Play is restarted with a rollball at a change of possession.
11. **Scoring:** A touchdown will be awarded when a player places the ball on or over the scoreline prior to being touched. A touchdown will be worth one point.
12. **Sideline:** If a player with the ball touches or crosses the sideline s/he is deemed to be out of play and a change of possession occurs. Play restarts with a rollball up to 5 metres in from when the player went out. If a touch is made before player goes out, then the touch counts.
13. **Substitution:** Teams may interchange players at any time (rolling subs). Players coming on to the field may not do so until the player being replaced has come off. Substitutions must occur at or within the appropriate team's substitution box (this is 10m either side of halfway). There is no limit to the number of times a player may sub.
14. **Tap:** The tap is taken by placing the ball on the ground on the mark, releasing from both hands, tapping the ball with the foot a distance of not more than one metre and retrieving it cleanly. Any player from the attacking team may take the tap.
15. **Team Composition:** A team may consist of up to 14 registered players. A maximum of six are allowed on the field at any one time. A minimum of four is required to play.
16. **The Touch:** Both the attack and the defence players are permitted to initiate (effect) the touch. A touch constitutes contact with any part of the body, ball, clothing or hair. A minimum of force is to be used at all times. The team in possession is entitled to 6 touches.
17. **The Toss:** The captain winning the toss shall receive possession of the ball and a choice of direction and substitution box. The Referee will supervise the toss.
18. **The Referee:** The referee is the sole judge on matters of fact and is required to adjudicate on the rules of the game during play. The referee may impose any sanction necessary to control the game. All officials, players and coaches involved in the game are under the control of the referee.

COACH RESPONSIBILITIES

COACHING TIPS

Coaches should be good role models, organisers and communicators. Instructions should be simple and well thought out. Vary the speed and volume of your voice to fit the situation.

When talking to the players, arrange them in a semi-circle so they can all see you.

Use demonstrative instead of instructions where practical. Then allow time for the children to acquire the skill, working in small groups of two or three if possible. The more time they spend practising, the faster they learn the skill.

Finally, keep firm control of the practice, but adapt it where the situation demands.

If you are a Junior Touch coach you will need to understand that 4 to 12 year old children are at varying development stages.

- They are learning motor co-ordination skills.
- Girls may be up to a year ahead of boys physiologically, but the difference in strength are minor and they can still play together.
- Concentration spans are short so make your instructions concise and clear.
- They enjoy aerobic activity (not sprinting).
- They are sensitive to criticism
- Group acceptance and success are important to them

CODE OF BEHAVIOUR FOR COACHES/TEACHERS

Children want adults to:

Yell less	Teach them more
Give them more involvement	Let them express themselves
Not have favourites	Encourage more

To children, the most important thing in sport is to play as well as you are able, to be fair and to beat your opponent. Children feel strongly that all members of a team should have an equal opportunity to play in matches and that it is more important for all members of a team to play than for a team to win.

- Encourage the children to develop basic skills before they start competing and discourage over-specialisation in one playing position.
- Create opportunities to teach fair play and good sports behaviour as well as respect for the rules, officials and opponents.
- Ensure that appropriate sport behaviours are rewarded by positive statements. Never shout at or ridicule a child.
- Make a special effort to involve children with disabilities and give plenty of time to the average or below average players.
- Make children aware of the physical fitness values of Touch and their life-long recreational and health values.
- Make a personal commitment to keep yourself informed of sound coaching principles and the stages of physical growth and development.

THE TRAINING SESSION

STRUCTURING A TOUCH PRACTICE

A typical framework for a sports practice should contain the following parts (45min-60min session):

- Introductory Activity (5min)
 - Welcome remarks
 - Brief summary of previous game/practice
 - Outline aims and content of the session
- Warm Up (5-10min)
 - Fun game (see resources in this booklet) *or*
 - Aerobic run & Stretching
- Grids & Drills (5-10min)
 - Fun, quickening up activities
- Skill Development (15-20min)
 - An activity without the ball so as to practice the movement required
 - An activity with the ball to link movement and ball
 - Apply pressure. i.e go faster, restrict the area, add opposition etc
 - Consolidation of Skills - This can take the form of small sided (2 v 2 etc) games, minor games for the game situation.
- Game Plan Development (10min)
 - Without the ball, with the ball, add pressure.
- Warm Down (5min)
 - Cool-down and debrief.

NOTE: You will need to adjust the components of the practice session, and the actual drills to suit the age group you are coaching. i.e. Year 1 & 2 teams will need very simple drills for the basics. The advanced attacking skills for example, won't be necessary at this age.

GRIDS & DRILLS

Grids and Drills provide the coach with the opportunity to work everyone at an appropriate rate commensurate with the objectives and goals of the team. But moreover, they are fun and keep all players fairly close together, making the coach's job easier. They provide specific opportunities for players to use their skills and provide enough motivation for players of all ages.

SPECIFIC SKILLS

- | | | | |
|------------------------|--|--------------------------------------|------------------------------|
| 1. Catch & Pass Skills | | | |
| 2. Individual Skills | a) effecting
d) planting
g) dummy pass | b) rollball
e) taps
h) subbing | c) dummy half
f) stepping |
| 3. Sub Unit Skills | a) settles
d) defence | b) wraps
e) switches | c) running onto ball |
| 4. Team Skills | a) attack & defence | b) specific moves | c) team tactics |

BROAD AREAS OF THE GAME

- | | | |
|----|-------------------------|---|
| 1. | a) Attack: Settling Out | b) Defence: Communication |
| 2. | a) Attack: Set Plays | b) Defence: 5m Zone |
| 3. | a) Attack: 5m Zone | b) Defence: Positional (Wing, Link, Middle) |

SKILL FOCUS AT EACH LEVEL

This is a basic progression of skills, and is based on players/teams moving through the grades. Obviously if you have new players coming in at the older age groups, they will need the basics, and may not be ready for the advanced skills.

Skill	Year 1&2	Year 3&4	Year 5&6
Catch & Pass	<ul style="list-style-type: none"> Basic catch & flat pass Pop pass 	Pass on the run Draw & pass	Spiral pass Passing under pressure
Attacking	<ul style="list-style-type: none"> Taps Planting (rollball) Dummy half Receive & run straight / forward 	<ul style="list-style-type: none"> Effecting touches Settles (making ground) Reduce mark overrun Basic team work 	<ul style="list-style-type: none"> Evasion (step, swerve, dummy) Wraps & switches Basic moves Basic team tactics Dive touchdown Mark overrun to min.
Defence	<ul style="list-style-type: none"> Making touches Straight line defence Introduce slide D Running backwards 	<ul style="list-style-type: none"> Develop slide D 5m defence Getting onside quickly 	<ul style="list-style-type: none"> Dive touch Slide & Arrow D (squeeze) Communication
Summary	<ul style="list-style-type: none"> Learning rules. Learning basic skills. Coach on field to: <ul style="list-style-type: none"> Help kids learning where to stand on attack and defence. Rotate kids turns at rollball, dummy half pass, receive & run. 	<ul style="list-style-type: none"> Learning positioning without coaches help on field. Organising rollball, dummy half pass, receive & run without coaches help. Need team work so all are involved. Consolidate defence. Begin basic settling, and less overrunning. Start using passes. 	<ul style="list-style-type: none"> Advanced passing skills. Making ground using settles more common. Introduce some basic moves & tactics (attack on 5m etc). On Defence, learning to mark off, communicate, and squeeze on ball.

POSITIONS ON THE FIELD

Using positions doesn't generally happen until kids are older / reps / adults. And even then, not always. However, if you require a bit more structure, you can use some or all positions on attack and/or defence.

X	X	X	X	X	X
Wing	Link	Middle	Middle	Link	Wing
1	2	3	3	2	1

RESOURCES

These are just a few drills and skills resources you can use. Touch New Zealand www.touchnz.co.nz have a great Touch Coach Connect section on their website, including a free 45min online beginner touch course, and other resources you can download or buy. Australian Touch organisations also have good resources to be found online. If you complete your TNZ Introductory or Level One Coaching Course, you will get many more resources to use.

Happy Coaching!

Warm Up Games

- Cone Chaos
- Stuck in the Mud
- Bull Rush
- Touchdown – Rob The Nest

Cone Chaos

Get some children to scatter the markers over a large area. Half should be the right way up, the other half upside down. Tell the children to imagine it is raining. Team A want to catch the rain in the upside down markers, so they must rush around, turning them all upside down. The other team (B) don't want to catch the rain so their mission is to turn them back the right way! Both teams do this for a set time and then the markers are compared to see which team has the most their way. Repeat as desired.

Stuck In The Mud

One person is IT and they have to run after the other people and try and touch or tig them. If you are tiggged by IT then you have to stand still where you are without moving and with your arms stretched out to the side. IT then tries to tig the other players. If you are stuck, the other players can release you by touching you on the head or running under your outstretched arms and/or legs. If a lot of people are playing, it is better if more than one person is IT.

Bull Rush

First without a balltwo or three catchers in the middle of a marked area. The rest of the kids must run from one end of zoned area to other. If tagged, they became a catcher. When down to last two or 3, they become the taggers. A great game as it teaches them to run at speed, choose a path and eventually dodge to escape being tagged.

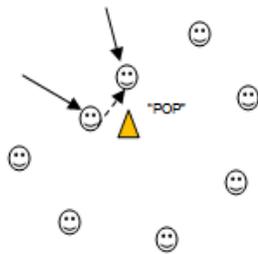
Touchdown – Rob The Nest

Set up a small field with a touchdown line on each side, Divide the kids into 2 teams and have them stand on opposite ends. Put a bunch of touch balls out on the field and then the 2 teams have to try and score all the balls over their touchdown line. They can 'rob the nest' of the other team. Team with the most balls over their line after 3mins wins.

Catch and Pass Skills

CATCH AND PASS SKILLS

WARM UP: Pop Ball



Players circle around a cone, run into middle, pop up ball to next person.

Variation: use two balls
miss + wrap

Teaching Points: Communicate with person receiving.
Peripheral vision.

CATCH AND PASS SKILLS

WARM UP: Hand Off

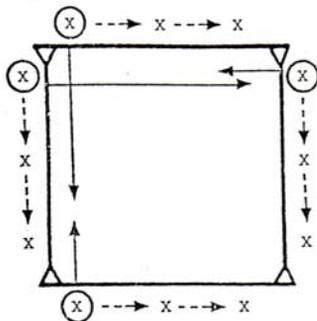


Two lines run and pass the ball over in the middle to a player in the other line.

Variation: use two balls
fake pass to first runner

CATCH AND PASS SKILLS

DRILL: Pattern Passing



Objective:

To develop the basic catch and pass and peripheral vision.

Explanation:

Four lines of players placed on different lines with one ball each line. The purpose of the drill is for each line to run and pass the ball along the line to the opposite and back. In effect, the four lines will be running and passing the ball whilst running through each other.

Teaching Points:

Be aware of other players. This develops peripheral vision while watching the ball.

Equipment:

4 balls.

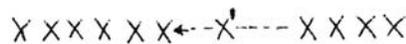
4 Witches hats.

Witches Hats:

A 10m square for beginners. Increase up to 15m for advanced players.

CATCH AND PASS SKILLS

DRILL: Juggle



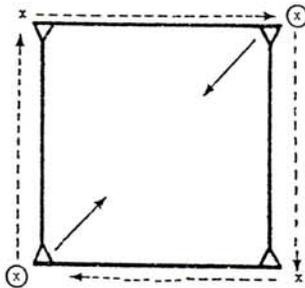
Two lines behind each cone. One player at a time runs between cones juggling the ball in the air. They then hand off to player in opposite team. Repeat.

Variation: pass ball around body

Teaching Points: develops ball handling and control

CATCH AND PASS SKILLS

DRILL: Passing Crossover



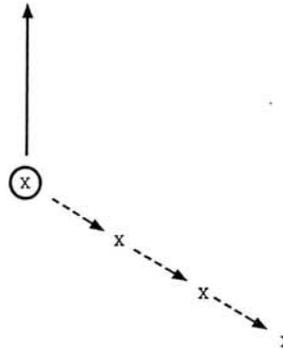
NUMBER OF PLAYERS: 4 per grid

DESCRIPTION: Position a player at each corner of the grid with one pair of opposites each with a ball. The player to the left of the ball-carrier is the other member of the pair for this drill. As for Passing Crossover I the players pass the ball to their respective team-mates on their left and then run across the grid to the opposite corner, dodging the other player by means of a swerve or side-step. By the time they arrive the ball should be arriving also, having been passed by the other member of the pair. The players then repeat the action a nominated number of times before swapping roles with the other members of the groups. Start the drill at a walk and progress to full competitive pressure. Vary the size of the grids.

COACHING POINTS: As for Passing Crossover I. Use of peripheral vision and agility skills.

CATCH AND PASS SKILLS

DRILL: Team Line Passing I



Objective:

To develop the basic catch and pass and player alignment.

Explanation:

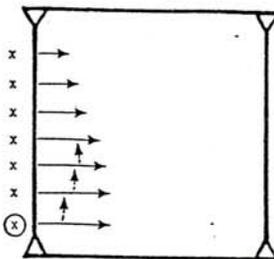
Repeat the straight line passing but this time the players are at jogging pace. Rotate the outside players to the centre each time through.

Teaching Points:

Quick hands.
Accurate passes to the receiver's hands.
Passers look to where they are passing.

CATCH AND PASS SKILLS

DRILL: Line Passing



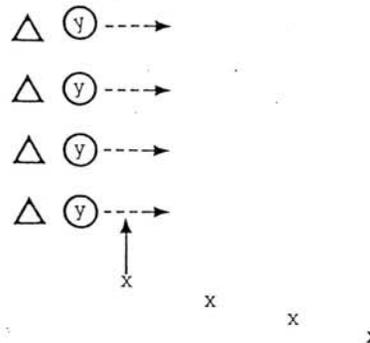
NAME: LINE PASSING (all players)
NUMBER OF PLAYERS: minimum 4, maximum 7 per grid

DESCRIPTION: The players stand in a line on the edge of the grid and the player on one end has the ball. The object is for the group to move across the grid in straight line formation and for the ball to have been passed between all the players before the group reaches the other side. The group then does the same thing on the way back ensuring all players pass to the left and right. Repeat the drill as necessary and increase the requirements for speedy and accurate passing either through reducing the distance across the grid or by increasing the number of players in each group.

COACHING POINTS: Accurate passing to the receivers hands.
Passes of appropriate strength for distance apart.
Aim for smooth movements with speed.

CATCH AND PASS SKILLS

DRILL: Quick Hands



Objective:

To develop quick movement of the ball through the hands.

Explanation:

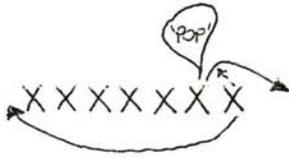
Witches hats are placed in a straight line approximately 5-10 metres apart. A player stands at each witches hat with a ball in the hands. A line of four players will then jog to the first witches hat and receive a pass from the first player Y. Then they pass the ball quickly through the hands to the end player who places it on the ground as if scoring a touchdown. The players continue jogging to the next witches hat where they will receive another ball and once more "quick hands" it down to the end. When they have gone through all four stations change over.

Teaching Points:

Players must pass the ball quickly through the hands so that they are ready for the next ball.
Soft and accurate passes to the receiver's hands.

CATCH AND PASS SKILLS

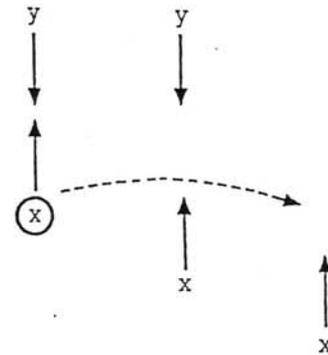
WARM UP: Running in a line



Players in a line. Player behind front runner calls a right pass, left pass, pop, or drop, from the front runner. The line is moving all the time.

CATCH AND PASS SKILLS

WARM UP: Cutout pass 3v2



Objective:

To develop the cutout pass against defenders.

Explanation:

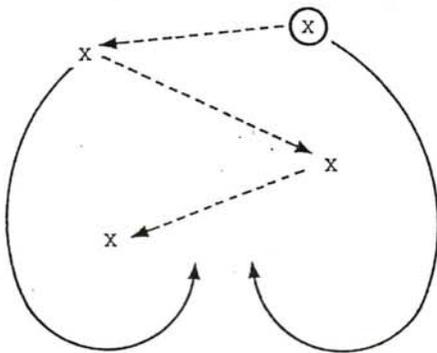
The object of this drill is for the three attacking players to use a cutout pass to beat the two defenders. This creates an overlap for the outside player. The cutout pass should always be a spiral pass.

Teaching Points:

The ball player must judge the correct distance before using the cutout pass. Too close to the defenders could result in an intercept. Too far away could lead to the defenders being able to cover the outside person.

CATCH AND PASS SKILLS

DRILL: Inside Passing



Objective:

To develop the inside pass.

Explanation:

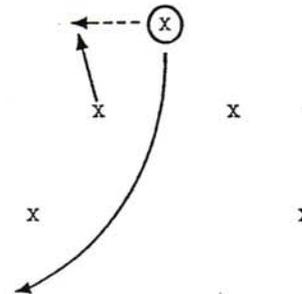
Teams of four players about three metres apart. In Touch, players often just get used to passing the ball out wide and forget about passing inside. This drill emphasises passing inside. The player passes inside and then drops back and comes through the centre ready to receive another inside pass. Every player must pass inside at all times.

Teaching Points:

Look inside to pass the ball.
Pass inside.
Drop back and come through the centre.

CATCH AND PASS SKILLS

DRILL: V Runner



Objective:

To develop the 'pop' pass.

Explanation:

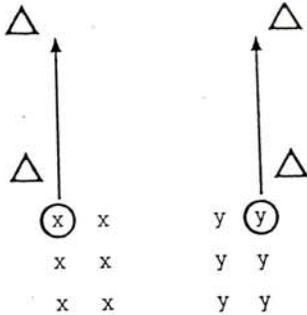
Players are lined up in an inverted V formation about 2m apart. The front player has the ball. All players in the line commence jogging. The front player calls 'left' or 'right' and the respective player on the left or right of the V sprints forward to take the 'pop' pass from the front player. That player then becomes the top of the V. The former player drops back to the side of the V where the new front player came from.

Teaching Points:

Once the player has received the pass and becomes the new front player the player should slow down to a jog.
The 'pop' pass must be soft and well timed.

CATCH AND PASS SKILLS

DRILL: Relay



Objective:

To develop the basic catch and pass in a relay situation.

Explanation:

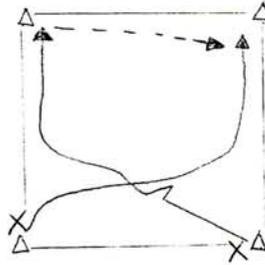
Two teams of 6 players. Each team is divided into three pairs. The first pair have to run and pass the ball until they reach the witches hats. They then turn around and run and pass back to their original position and give the ball to the next pair. A minimum of 5 passes each way is required. A dropped ball does not count as a pass. The winning team is the first team finished after each pair has gone through.

Teaching Points:

Accurate passes.
No "forward" passes.
Accelerate onto the ball.
Decelerate after you have passed.

CATCH AND PASS SKILLS

DRILL: Evasion + Long Pass

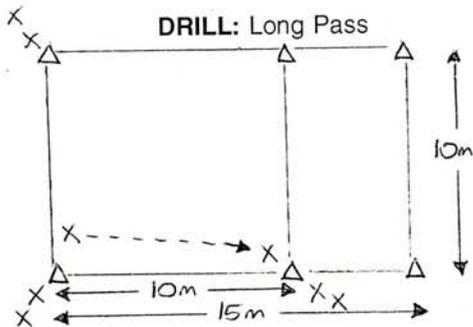


Players line up in two lines 10m apart. The attacker at bottom right, runs left and steps player coming from bottom corner. Then sprints forward to next cone and passes to other player.

Teaching Points: encourages stepping off both sides
accurate passing at speed

CATCH AND PASS SKILLS

DRILL: Long Pass

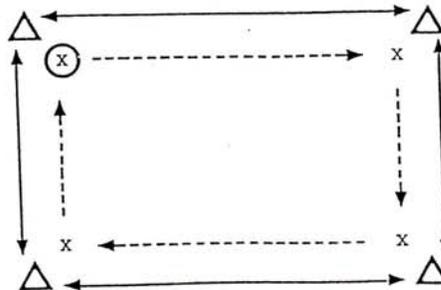


Set cones out at 10m x 10m. In pairs run up and back passing 10 times. Do two sets.

Variation: Set cones 15m apart

CATCH AND PASS SKILLS

DRILL: Four corner spiral pass



Objective:

To develop the spiral pass and aerobic fitness.

Explanation:

Place the witches hats in a square about ten metres apart. Four players, one standing at each witches hat. The player with the ball spiral passes it to the player on the left and then runs to the witches hat where the ball has been thrown and back to the original position. The player who receives the ball does exactly the same, spiral passes to the left, runs to the witches hat and back. This drill is also a good conditioning drill as they will just be returning to position when the ball arrives. One to two minutes work and then rest before going again. After 2-3 turns of passing to the left change over and do the same passing to the right.

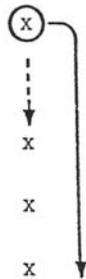
Teaching Points:

Players must run to the hat and either touch it with hand or foot before returning. Skill must be developed first before speed.

Effecting Touches Skills

EFFECTING TOUCHES

WARM UP: Line rollball



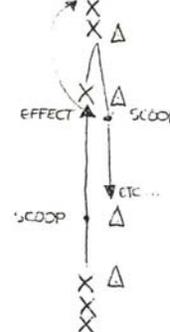
Objective:
To develop rollball skills.

Explanation:
Players in a line behind each other. The first player rollballs and then moves to the end of the line. The second player then rollballs and joins the end of the line etc.

Teaching Points:
On receiving the ball each player should move a couple of metres forward before doing the rollball.

EFFECTING TOUCHES

DRILL: Effective touch

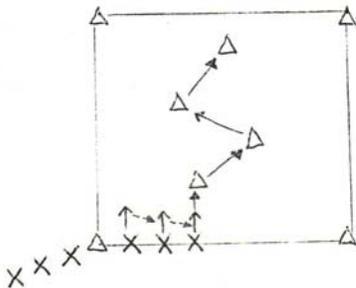


Defence moves forward to the first cone. Attacker runs to the defender and effects the touch and moves to the back of the line. Defence runs backward to the front of the line and runs forward, scoops the ball and is now the attacking player. Defence player on the opposite side moves forward to the first cone. Repeat.

Teaching Points: effect touch around waist/hip area with bent arm and then extend
scoop the ball rather than pick up
gets defence running the 5m line

EFFECTING TOUCHES

DRILL: Game effecting

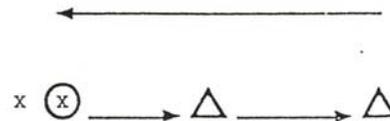


Team lines up at corner cone. 3 at a time run to the first cone passing (once). Player nearest the 1st cone goes through the course first. (at the same time the other two run backwards and pick up the next player from the line, slide over and move forward again). The course: at pace, run to the 2nd cone - step, run to 3rd cone - dummy, sprint to 4th cone - effect touch.

Teaching Points: to be able to break the defensive line, accelerate, then anticipate and effect while still going at pace.

EFFECTING TOUCHES

DRILL: Combination



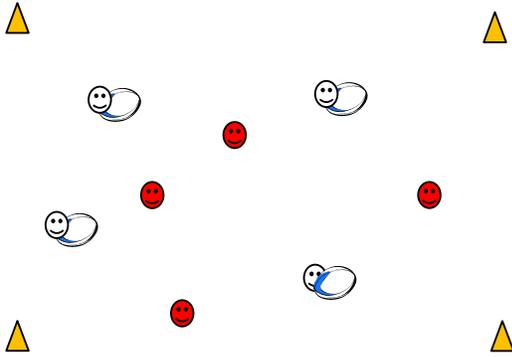
Objective:
To develop combination skills.

Explanation:
Place two witches hats ten metres apart. Players work in pairs. The first player, with the ball, runs and places it on the ground at the first witches hat. The second player following about two metres behind picks up the ball on the run and continues on to the next witches hat, effects a touch on the witches hat and rollballs. The first player picks up the ball and then both players retreat running backwards back to the original starting position and give the ball to the next pair.

Teaching Points:
Correct technique in all skills is needed. Therefore, start at a slow pace before increasing the speed of the activity.

EFFECTING TOUCHES

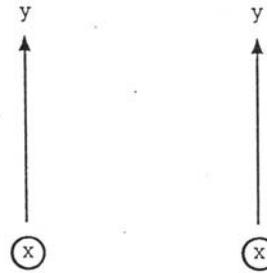
DRILL: ROLL BALL GRID



Half the players run around in the grid holding a ball (attackers), trying to avoid being touched. The other half are trying to touch players with the ball. If an attacker is touch, they must stop, and roll ball. The defender who touched them, then picks up the ball and is an attacker, and the attacker becomes a defender.

EFFECTING TOUCHES

DRILL: Pair attacking player touch



Objective:

To develop an attacking player touch and rollball.

Explanation:

The attacking player runs towards the defender. The attacking player effects a touch with one hand and at the same time places the ball on the ground for a rollball. Begin with a stationary defender and progress to a faster pace.

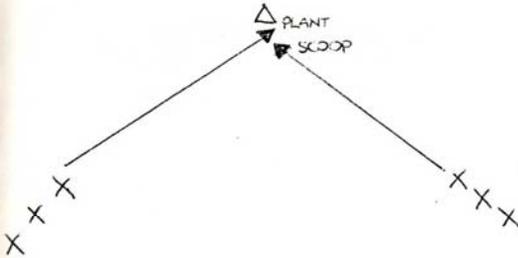
Teaching Points:

Start at a walking pace and gradually work up to full pace.
As the attacker touches defender, the rollball should be started.

Attack Skills

ATTACK SKILLS

DRILL: Plant/scoop I

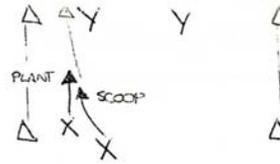


There are two lines at an angle to each other. The 1st player drops at the cone, 1st person from other line scoops and passes to 2nd person in the 1st line. Repeat.

Teaching Points: planter must effect touch
scooper is to go at pace and get under ball and lift while moving at a fast pace

ATTACK SKILLS

DRILL: Plant/scoop II

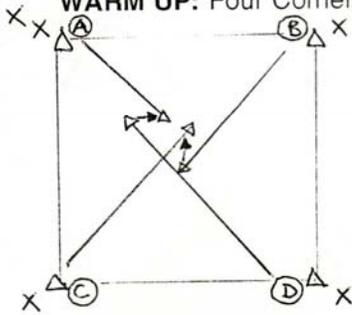


In groups of four, 2 attack and 2 defence. Attack pass between themselves. One drives in between the two defence and effects. The 2nd attacker scoops through the defence before they are on side.

Teaching Points: drive fast forward to beat defence going backward
work out different moves for scoring once through the defence

ATTACK SKILLS

WARM UP: Four Corners I

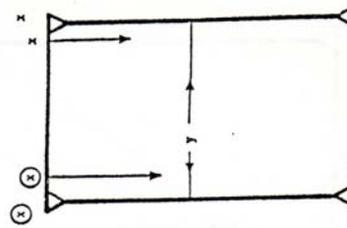


Set up four corners. Corner A and corner B start with a ball each. A and D pass off in the middle to each other (running the diagonal) and B and C pass off in the middle to each other.

Teaching Points: use peripheral vision
communicate
be evasive (avoid collisions)

ATTACK SKILLS

DRILL: Drawing Opponent I

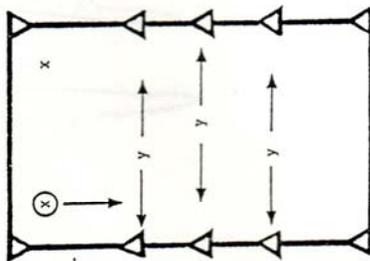


DESCRIPTION: Two players position themselves at the corners of the end of a double grid (approx 20m x 10m) and one player has the ball. The "opposition" defender positions at any point on the "half-way" grid line facing the other two players. The object is for the two players to always beat the single player — using any method chosen by the coach. For example, initially use the simple drawing of the opponent and an appropriate pass and progressing to the use of a dummy, a side-step, swerve etc. The defending player should initially be restricted to moving sideways across the line. Later the player may move forwards and backwards as required.

COACHING POINTS: Player in possession running straight.
Player in support "in depth".
Timing of pass.
Communication and all passing teaching factors.
All evasion skills and supporting position points.

ATTACK SKILLS

DRILL: Drawing Opponent II



DESCRIPTION: Position two players at the end of a 40m x 10m grid with one player in possession. Position three (more as they get better) defenders at 10m intervals down the grid. The attacking players have to pass by the single defenders in quick succession and score at the far end of the grid. They may use passing, dummyming, or any individual evasion skill to deceive or beat the defenders. When the players get to the other end, have them turn around and try the same on the way back. Give those players several goes and swap players around.

COACHING POINTS: Quick recovery after beating one opponent.
Continuity of attack through support.

ATTACK SKILLS

DRILL: Shadow I

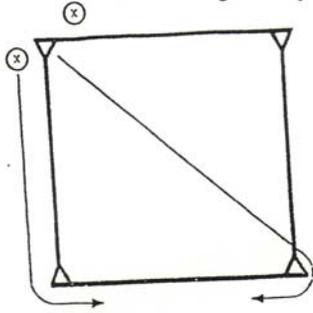


In pairs, one has the ball and runs randomly around the field, while the second player shadows each move (from behind). The ball carrier plays the ball whenever, and the dummy half must react as quickly as possible.

Teaching Points: move to dummy half position as quickly as possible
keep on your toes (little feet)

ATTACK SKILLS

WARM UP: Triangle relay



DESCRIPTION:

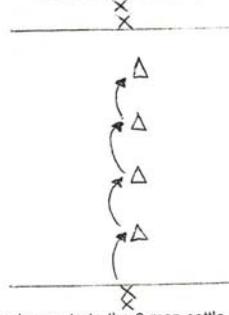
Position two groups or teams of players at one corner of the grid about 10m x 10m with the leading players in possession of a ball. On starting each player runs the first leg of a relay, the team on one side running around the grid to the far (diagonal) marker before returning, while the other player runs straight across the grid and the long way home. Balls must be handed to the next player who repeats the run and so on. Have the groups run through varying numbers of times or have them compete against the clock. Any dropped balls should be treated accordingly.

COACHING POINTS:

Ball carried in two hands.
Acceleration, agility and deceleration.
Team-work, motivation and communication.

ATTACK SKILLS

DRILL: Settle I

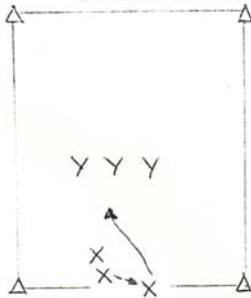


The first 3 players demonstrate the 3-man settle, effecting the touch on all 3 cones, then passing to the next group.

Teaching Points: communicate which side dummy half - keep pass vertical 'pop'
use speed + anticipation

ATTACK SKILLS

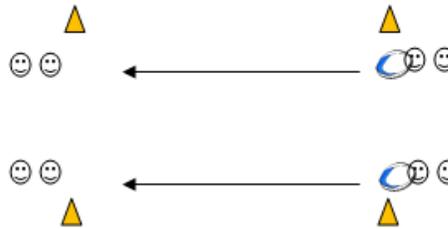
DRILL: Settle II



Aim is to settle from one set of cones to the other as fast as possible, and with the least amount of rotations. When finished, the attack become defence; the defence rotate out and a new attack comes in.

ATTACK SKILLS

DRILL: RUNNING WITH THE BALL I

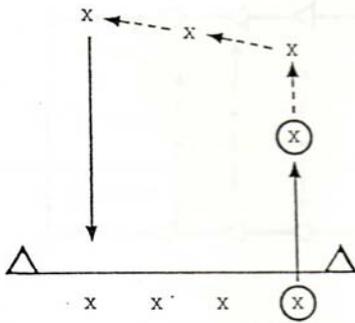


Players line up at each end of the grid. Players run the length of the grid, holding the ball first with two hands in front and second under the arm. Ask them which way they can run faster and when they might use each option.

Teaching Points: Encourage them to hold the ball in two hands when support is available i.e. most of the time.

ATTACK SKILLS

DRILL: Realignment I



Objective:

To develop rapid and correct realignment.

Explanation:

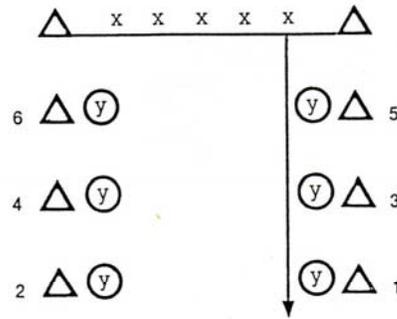
Players line up in a straight line between two witches' hats. One of the players rolls the ball a distance of 10 to 20m from the line. All players run out in a straight line to where the ball is. They then turn and face back to the witches' hats, which are now the scoreline. The first player to pick up the ball rolls to the next player, who is the dummy-half. The ball is passed quickly through the hands of the players in the line, and the first player who crosses the scoreline with the ball in hand scores a touchdown. The drill continues with another player rolling the ball out.

Teaching Points:

In realignment the players must move quickly into the correct position. Slight depth in alignment.

ATTACK SKILLS

DRILL: Realignment II



Objective:

To develop correct realignment skills and aerobic fitness.

Explanation:

At each witches hats 1 to 6 is a player Y with ball in hand. The line of X's run down to Station 1 and then turn around and face back the way they have come. As soon as Y sees they are in correct alignment he/she rolls the ball and the ball is passed through the hands and a touchdown is scored when they pass over the original line. The players then run to Station 2, 3, 4, 5 and 6. At the completion X's and Y's change position.

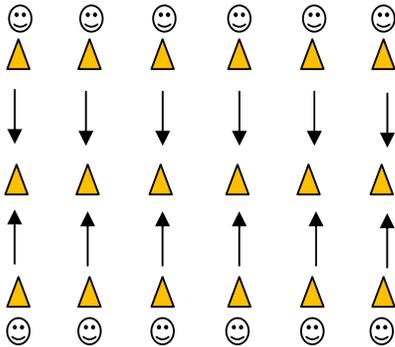
Teaching Points:

This is a good aerobic drill so make sure players work hard. Emphasise correct alignment.

Defence Skills

DEFENCE SKILLS

DRILL: UP AND BACKS I



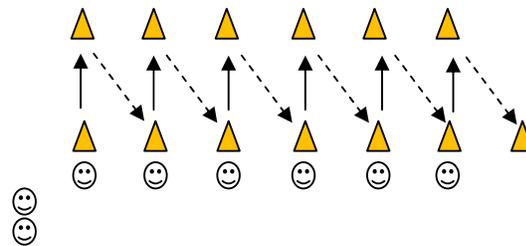
Set cones up as in diagram, 5m apart.

Players line up behind a cone each, on the outside sets of cones. Players run forward to the middle cone, touch the opposite player, and call out "TOUCH!", then run backwards to their cone.

Teaching Points: practice running forwards and backwards; get use to calling out Touch!.

DEFENCE SKILLS

DRILL: UP AND BACKS II



Set cones up as in diagram, 5m apart.

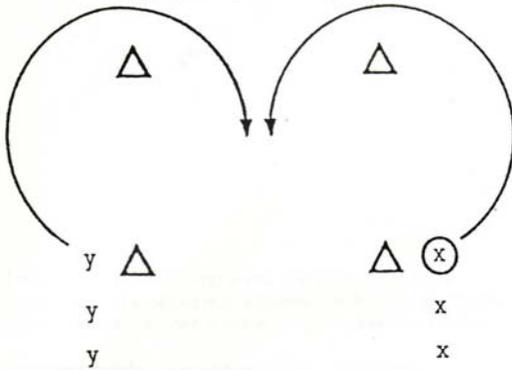
Six players start on the first 6 cones, and others line up by the first cone.

Players run forward to the cone in front, call out "TOUCH!", then run backwards on an angle to the next cone. Continue along each cone, and when at the end, join the back of the line.

Teaching Points: practice running forwards and backwards; get use to calling out Touch!.

DEFENCE SKILLS

WARM UP: Dive Touch



Objective:

To develop the defending touch and diving touch.

Explanation:

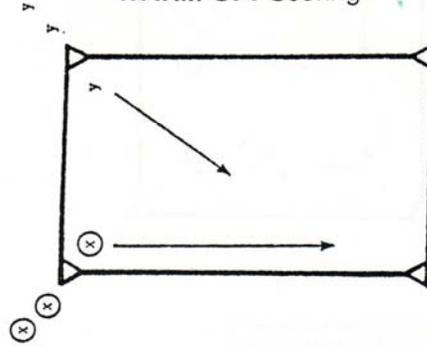
On the command "Go" the X player, with ball in hand has to run around the witches hats about 10-15 metres away and back to score a touchdown before Y effects a touch. The Y player will have to effect the touch from the side or behind and often a diving touch is required. Let each X player go through and count how many touchdowns are scored. Change over and let Y become the attacking player. This drill can be competitive. The highest number of touchdowns wins.

Teaching Points:

The defender must never take the eyes off the attacking player.

DEFENCE SKILLS

WARM UP: Scoring



DESCRIPTION:

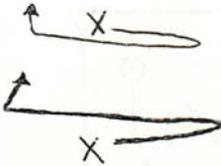
Position half the players at each of two corners of one end of a 20m x 10m grid with each of the players in one group with a ball. The object is for the first player to run to the far end of the grid and score a touchdown without being touched by the first player in the other group. After each attempt the players swap groups. The defender starts after the ball-carrier begins running.

COACHING POINTS:

Carrying the ball in two hands.
Reduced deceleration to score.
Diving when necessary (apply teaching factors).
Out-manoeuvring a faster opponent.

DEFENCE SKILLS

DRILL: Shadow II

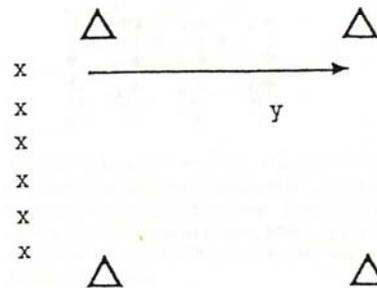


In pairs, one has the ball and runs randomly around the field, while the second player (in front) shadows each move. The ball carrier calls 'pop' and the defender must drive forward to make the touch.

Teaching Points: keep on your toes (little feet)
concentrate on hip area (which doesn't move in a step etc)

DEFENCE SKILLS

DRILL: Red Rover



Objective:

To effect a touch.

Explanation:

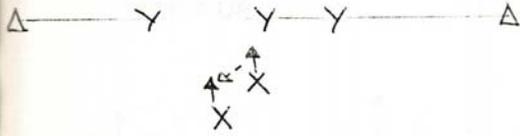
Use the witches hats to mark lines. The object is for the X players to run across to the opposite line (about 20 metres) without being touched by the Y player. If touched the X player joins Y. Once all the players are through then they attempt to return to their original line without being touched. The game continues until there is only one player left who has not been touched. This player is the winner. This drill can also be used with players carrying a ball.

Teaching Points:

Players in the centre should communicate with each other in deciding who they are going to touch.
Encourage attackers to use running skills - sidestepping, feinting, etc.
Encourage defenders to try to touch several players in each run.

TRAINING DEFENCE SKILLS

DRILL: Squeezing

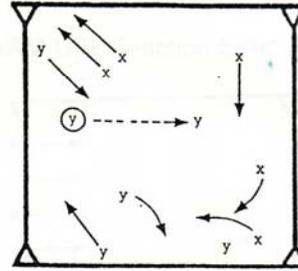


Three defence move along a line. They may only move horizontally. The object is to squeeze the defence on the two attack. The attack have a ball and try to break the defence.

Teaching Points: keep on your toes - don't lunge
quick reactions - have correct body position

DEFENCE SKILLS

DRILL: Elimination



DESCRIPTION:

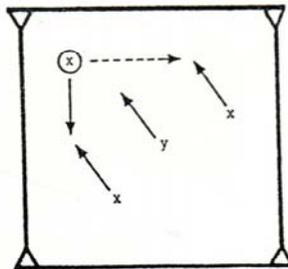
Once the players are proficient at Elimination I, further "pressure" can be added to the "attacking" group by allowing one defender to return to the grid for every dropped ball. Additionally, ensure that evading players remain within the boundaries of the marked grid. Once players are able to identify each other without colours or communication (verbally) the players should be encouraged to perform the drill without talking. In this way you can develop a better understanding between the individual players.

COACHING POINTS:

Concentrate on finger-tip ball control.
Encourage speedy reactions and maneuvering.
Coaching points for Elimination I.

DEFENCE SKILLS

DRILL: Random Defender



DESCRIPTION:

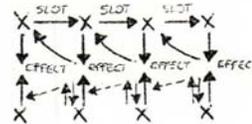
With either 3 or 4 players in a grid performing random passing, introduce one defender with hands behind the back. The defender is allowed to knock the ball to the ground but must not move closer than one metre to the player in possession. The player in possession cannot run with the ball. The object is for the two (or three) remaining players to move into an effective supporting position and receive a pass. Once the group becomes proficient allow the defender to use the hands. Should the defender knock the ball to the ground or intercept a pass, the player responsible takes the place of the defender. Do not encourage overhead passing.

COACHING POINTS:

Normal catching and passing points.
Normal total awareness and communication.
Increased workrate while not in possession.
Introduce the dummy pass option.
Decision to pass, dummy, changing options.

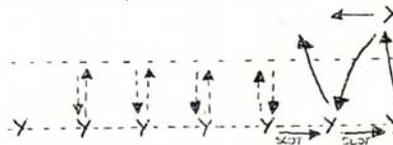
DEFENCE SKILLS

DRILL: Defender I + II



I.

This drill is for cover defence. There is one row of attackers and one row of defenders. All are moving together towards the centre line. One defence player moves along the line at a time, effecting the touch on each attack player while the other defence players slot in to cover the space.



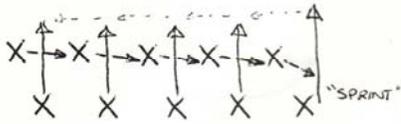
II.

One defence line, which continues to run up and back in a line while one defender goes out to make the touch and the team members slot the defender as they move along the line.

Other Attacking Skills

RUNNING ONTO THE BALL

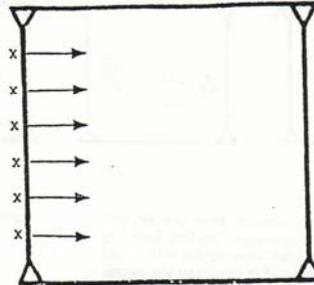
WARM UP: Passing along a line



Two lines running horizontal, one in front of the other. When the ball gets to the end of the front line the ball is passed back and the back line sprints through and passes. Repeat.

RUNNING ONTO THE BALL

WARM UP: Reaction Sprints



DESCRIPTION:

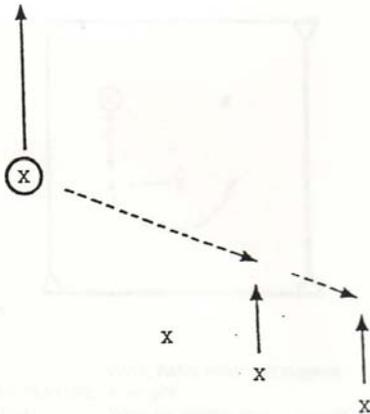
The players are divided into about 6 per 10m x 10m grid and they stand along one side at about a one metre interval. The object is to sprint from one side of the grid to the other and return as quickly as possible at the initiation of one of the players. Starting with (for example) the player on the left, and moving along after the previous sprint. The other players have to try to catch the starter. Set a minimum time of approx ten seconds between sprints and progress from one set of six sprints to three of four sets.

COACHING POINTS:

Acceleration and deceleration techniques.
Complete with balls or hands held together.
Standing still or jogging recovery.
Variation in direction.

RUNNING ONTO THE BALL

DRILL: Line cutout pass



Objective:

To develop the cutout pass.

Explanation:

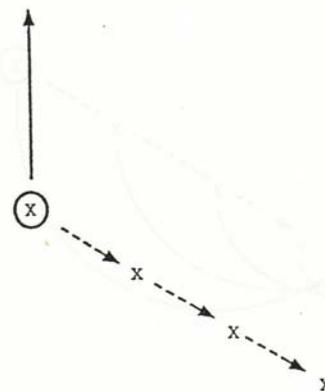
Four to five players in a line. Each time the ball is passed down the line there must be one cutout pass, i.e. the ball is thrown past one player to the other. A spiral pass should be used for the cutout pass as this is the most accurate pass over a distance.

Teaching Points:

Communication is important. Encourage the players to call the persons name before they pass the ball.

RUNNING ONTO THE BALL

DRILL: Team Line Passing II



Objective:

To develop the basic catch and pass and player alignment.

Explanation:

Speed up the pace of the straight line passing. Rotate the outside players to the centre each time through. Pressure can be added by timing the players over a certain distance and counting the number of completed passes.

Teaching Points:

Quick hands.
Accurate passes.
Correct alignment.
Passers look to where they are passing.

THE WRAP

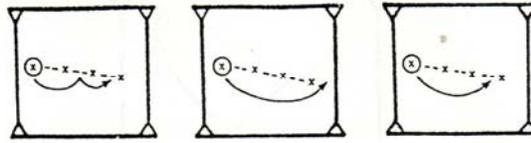
WARM UP: Pair Wraps



In pairs, one worker at a time.
Xa passes to Xb; Xa then wraps to take pass on other side of Xb.
Repeat. Swap positions.

THE WRAP

DRILL: Wraps I, II & III

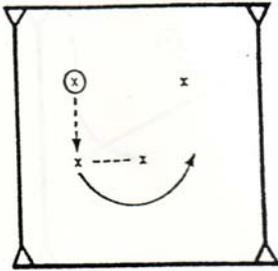


DESCRIPTION: The players move around randomly within the grid and perform the wrap as follows:
Drill I. The player with the ball passes and wraps the next and subsequent players. This drill applies considerable effort on one player at any one time and coaches should remember to swap "key" players around.
Drill II. The first player passes and moves to the end of the passing line while each subsequent player performs a simple pass until the last player passes to the original player. This player then passes the ball back to the second player who becomes the runner.
Drill III. The first player passes and moves around into any position nominated by the coach, e.g. wrap to the second player, where the first player passes, and wraps around behind the second and third players to receive the ball.

COACHING POINTS: Receivers straightening and facing forward.
All catching and passing teaching factors.
Communication and team-work.

THE WRAP

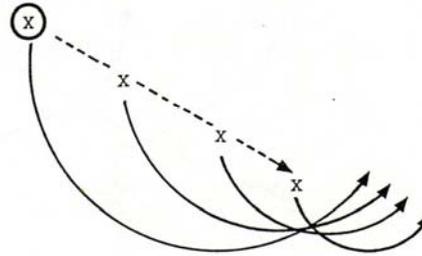
DRILL: Pass, pass, wrap



NAME: PASS, PASS, WRAP (all players)
NUMBER OF PLAYERS: 4 per grid
DESCRIPTION: While the players move randomly within the grid they are required to perform a pass followed by another pass and then the second passer performs a wrap around the second receiver. This drill lends itself to many variations limited only by the coach's imagination. Initially do not be too concerned with forward passes (particularly during the wrap) but concentrate on the timing and type of pass used. After the group gains proficiency introduce a fifth player as a defender who runs to and faces directly the receiver of the second pass. The object of this procedure is to train the players not to turn their upper body around during the wrap — but to face the opposition.
COACHING POINTS: All catching and passing teaching factors.
Team-work and the importance of sub-unit support.
Keeping the options open until the last moment.

THE WRAP

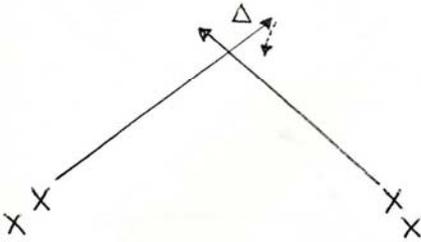
DRILL: Group Wrap



Objective: To develop the wrap.
Explanation: The first player passes the ball and then wraps around all players. The ball is passed along the line and the first player will receive the ball from the end player. Each player passes and wraps around the end.
Teaching Points: Communication
Straightening around the player to prevent drifting.
Make sure players run straight before passing.
Equipment: 1 ball for 4 players.

THE SWITCH

WARM UP: Cutting

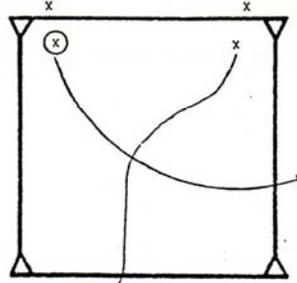


Two lines on an angle, running to and passing at a common point.

Teaching Points: body position (turn hips when passing)
cut on inside

THE SWITCH

DRILL: Switch Drill I



DESCRIPTION:

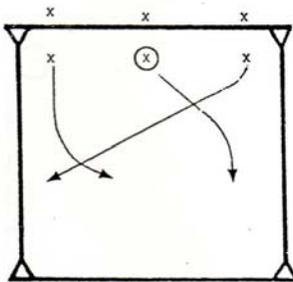
Players position in two lines at the two corners of the top of the grid about 10m x 10m. One group of players should have a ball and move out across the grid and perform a switch with the leading players in the other group. Following the switch pass the first players should return to the second line and the receivers return to the first with the ball. Commence initially at a slow walk concentrating on the various teaching factors. After some proficiency the players should jog, and then run through the drill.

COACHING POINTS:

Runner widening the angle.
Receiver staying deep and delaying the S-run.
Beginners with an inside pass initially.
Ball carried in two hands initially.
Acceleration "through the gap" by receiver.

THE SWITCH

DRILL: Switch Drill II



DESCRIPTION:

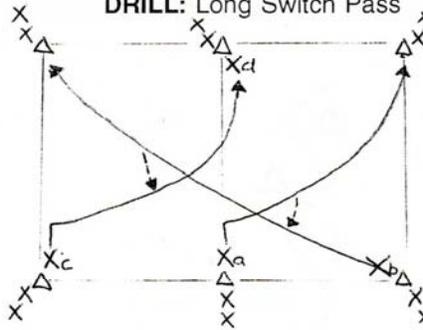
Position three players equally along the end of the grid with the player in the middle in possession. The player with the ball performs a switch with the player on the left who is then in the middle and performs a switch with the player on the right. The actions are repeated the length of the grid and the group turns around and completes the drill on the way back. Initially walk through the drill before increasing the pace. When the first group of three returns to the starting point they rest while the second group of three completes the drill.

COACHING POINTS:

Accurate and soft passing.
Widening the angle by the ball-carrier.
Delayed movement by the receivers.
Keeping players apart.

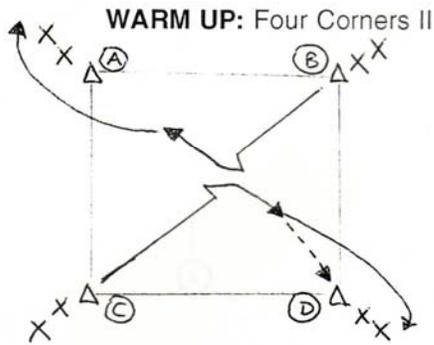
THE SWITCH

DRILL: Long Switch Pass



1. Xa in middle line runs forward then cuts on an angle.
2. Xb in corner line runs diagonally to receive pass from Xa.
3. Xb then passes to Xc who has run diagonally from other corner.
4. Xc then passes to Xd in other middle line. Start from here.

EVASIVENESS



Players into four corners. Lines B and C begin with ball. Run to middle, step (push off left foot) to right, pass to A and D, and follow the pass. Repeat. Change direction.

EVASIVENESS

DRILL: Dummy Pass 1 v 1



Objective:

To develop the dummy pass against opposition.

Explanation:

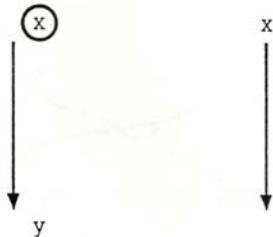
One player with the ball tries to dummy pass around an opponent five metres away. Begin with the defender Y as a passive opponent. After a while allow Y to become active and attempt to effect a touch on X. Change over after a few turns.

Teaching Points:

The attacker should try to use both the sidestep and the evading swerve with the dummy pass.

EVASIVENESS

DRILL: Dummy Pass 2 v 1



Objective:

To develop the dummy pass against opposition.

Explanation:

Begin the drill with the ball carrier trying to dummy pass around Y and then passing the ball to the support player. Y is trying to effect a touch on X. Then give X the option: dummy pass around Y or pass the ball to the support player.

Teaching Points:

Draw the opponent before passing. Do not pass too early or too late. If the opponent drifts across towards your support player then dummy pass. Communication between players. As for the dummy pass.

EVASIVENESS

DRILL: Side-step/Swerve around object



Objective:

To develop the sidestep and swerve.

Explanation:

Place four witches hats about five to ten metres apart. Start the player without the ball. They sidestep or swerve around the witches hats and jog back to the start. After the players have mastered the skill without the ball let them go through with the ball in two hands.

Teaching Points:

The next player starts when the previous player has reached the second witches hat. Emphasise correct technique before introducing the ball.

EVASIVENESS

DRILL: Side-step/Swerve against Opponent



Objective:

To develop the sidestep and swerve against opposition.

Explanation:

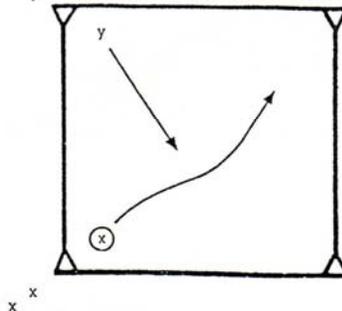
An attacking player X with ball in hands tries to sidestep or swerve around an opponent Y. Start with Y standing still, i.e., a nonactive opponent. After a few turns Y becomes an active opponent and tries to effect a touch on X.

Teaching Points:

Encourage the players to sidestep or swerve off both the left and right foot.

EVASIVENESS

DRILL: Side-step/Swerve Grid



DESCRIPTION:

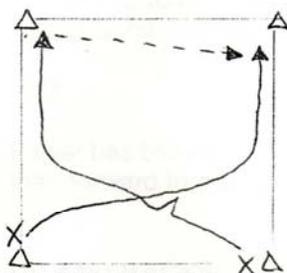
Position half the players at the top left corner of a 10m x 10m grid and the other half at the lower left corner, the leader of which has the ball. The object is for the lower group, one at a time, to run to the top right corner while the individuals from the top left corner move out slowly to effect a touch about the centre of the grid. The players are to use either the side-step or swerve to evade the touch. Once the players have reached the top right corner, they move to the end of the line at the top left side. The "defenders" move to the end of the attacking line with the ball. If there are insufficient balls for all, make sure that players hold their hands together. Change corners when proficient.

COACHING POINTS:

Balanced running.
Move initially "into" the opponent and then "away".
Slight deceleration followed by acceleration.
Body twisting and rotation as necessary.

EVASIVENESS

DRILL: Evasion + Long Pass

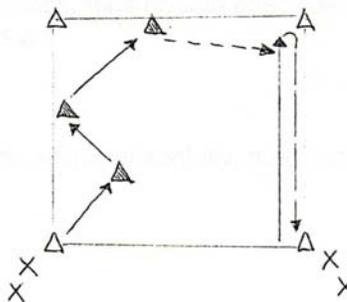


Players line up in two lines 10m apart. The attacker at bottom right, runs left and steps player coming from bottom corner. Then sprints forward to next cone and passes to other player.

Teaching Points: encourages stepping off both sides
accurate passing at speed

EVASIVENESS

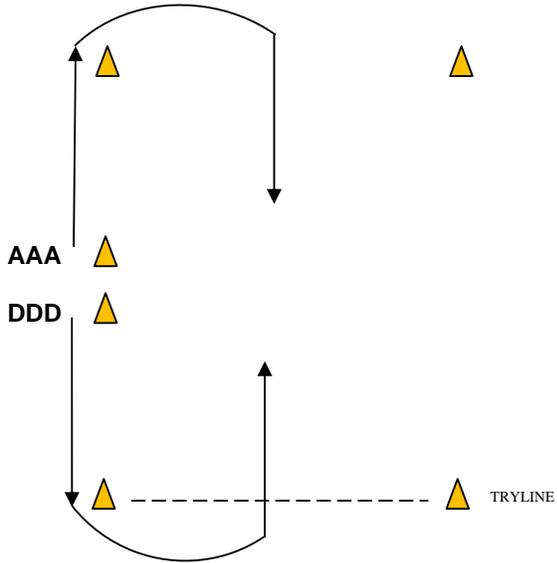
DRILL: Step, Dummy, Pass



First player runs to 1st cone - dummy pass; to 2nd cone - steps; to 3rd cone - long pass to second player running up from other line. They take the pass and run backwards to the start. Swap lines.

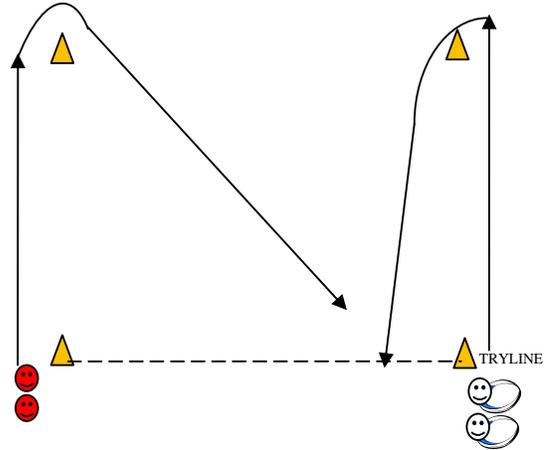
Mini Games

ATTACK v DEFENCE GRID



Split players into two teams – Attackers and Defenders, lined up behind two cones. Attackers carry a ball.
First attacker and defender run around cone as in diagram and into the grid. The attacking player has to get past the defender without being touched, and score a touchdown over the line.
Those two players then go to the back of the 'opposite' line.
Repeat with other players.
Teaching Points: running with the ball, defending (reading the attacker), evasion, putting the ball down over the line.

SCORING A TOUCHDOWN



On the command 'Go', the attacker (with the ball) must run around the cone and back to score a touchdown before the defender effects a touch. (15mx15m grid).
The defender should effect the touch from the side or behind.

TRAINING PLAN EXAMPLE		
Date:	Venue:	
Main Objectives:	Age Range:	
Activity Outline		
Time	Coaching Points	Comment/Diagrams
3.15pm	<p>Warm Up Game (10min)</p> <p>Cone Chaos</p> <p>Get some children to scatter the markers over a large area. Half should be the right way up, the other half upside down. Tell the children to imagine it is raining. Team A want to catch the rain in the upside down markers, so they must rush around, turning them all upside down. The other team (B) don't want to catch the rain so their mission is to turn them back the right way! Both teams do this for a set time and then the markers are compared to see which team has the most their way. Repeat as desired.</p>	
3.25pm	<p>Skill 1: ROLL BALL (7min)</p> <p>Demonstrate a roll ball, and making a touch.</p> <p>Roll Ball Grid</p> <p>Half the players run around in the grid holding a ball (attackers), trying to avoid being touched. The other half are trying to touch players with the ball. If an attacker is touch, they must stop, and roll ball. The defender who touched them, then picks up the ball and is an attacker, and the attacker becomes a defender.</p>	
3.32pm	<p>Skill 2: PASSING (5min)</p> <p>Circle Passing</p> <p>Players form a circle and using correct passing technique, pass to the person next to them. As they get more competent, speed up the passing.</p> <p>Variation: change direction. Use two balls</p> <p>Teaching Points: Communicate with person receiving, Peripheral vision</p>	
3.37pm	<p>Skill 3: RUNNING WITH THE BALL (7min)</p> <p>Running With The Ball I</p> <p>Players line up at each end of the grid (15m). Players run the length of the grid, holding the ball first with two hands in front and second under the arm. Ask them which way they can run faster and when they might use each option.</p> <p>Teaching Points: Encourage them to hold the ball in two hands when support is available ie. most of the time.</p>	
3.44pm	<p>Skill 4: DEFENCE (7min)</p> <p>Up and Backs I</p> <p>Set cones up as in diagram, 5m apart.</p> <p>Players line up behind a cone each, on the outside sets of cones. Players run forward to the middle cone, touch the opposite player, and call out "TOUCH!", then run backwards to their cone. Teaching Points: practice running forwards and backwards; get use to calling out Touch! Make 6 touches in a row.</p>	
3.51pm	<p>Game: SCORING A TOUCHDOWN (9min)</p> <p>On the command 'Go', the attacker (with the ball) must run around the cone and back to score a touchdown before the defender effects a touch. (15mx15m grid). The defender should effect the touch from the side or behind.</p>	
4.00pm	Finish	

TRAINING PLAN EXAMPLE

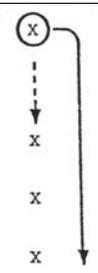
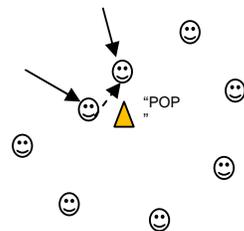
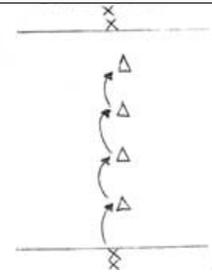
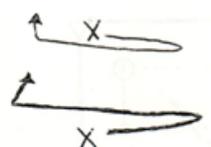
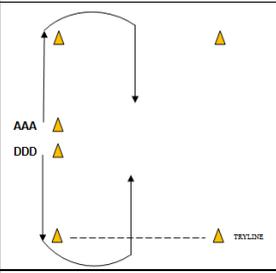
Date:

Venue:

Main Objectives:

Age Range:

Activity Outline

Time	Coaching Points	Comment/Diagrams
3.15pm	<p>Warm Up Game (10min) Bull Rush First without a balltwo or three catchers in the middle of a marked area. The rest of the kids must run from one end of zoned area to other. If tagged, they became a catcher. When down to last two or 3, they become the taggers. A great game as it teaches them to run at speed, choose a path and eventually dodge to escape being tagged.</p>	
3.25pm	<p>Skill 1: ROLL BALL (7min) Demonstrate a roll ball; ball down, step over.</p> <p>Line Roll Ball Players in a line behind each other. The first player rollballs and then moves to the end of the line. The second player then rollballs and joins the end of the line etc. Start walking pace, then move up to a jog. Teaching Points: On receiving the ball each player should move a couple of metres forward before doing the rollball.</p>	
3.32pm	<p>Skill 2: PASSING (7min) Pop Ball Players circle around a cone, run into middle, pop up ball to next person. Variation: use two balls, or miss & wrap Teaching Points: Communicate with person receiving, Peripheral vision</p>	
3.39pm	<p>Skill 3: ATTACK (7min) Settles I In groups of 3, you have a 'roll ball', a 'dummy half' and a 'receiver'. The roll ball (A) runs up to the first cone and plants the ball. The dummy half (B) follows and pops the ball up to the receiver (C) who runs forward to the 2nd cone, and plants the ball. The previous roll ball (A) has now become the dummy half, who pops to (B) who has become the receiver. Repeat.</p> <p>Teaching Points: receiver to communicate which side ; dummy half keep pass a vertical 'pop' ball; use speed and anticipation.</p>	
3.46pm	<p>Skill 4: DEFENCE (5min) Shadow II In pairs, one has the ball and runs randomly around the field, while the second player (in front) shadows each move. The ball carrier calls 'pop' and the defender must drive forward to make the touch. Teaching Points: keep on your toes (little feet).</p>	
3.51pm	<p>Game: ATTACK v DEFENCE GRID (9min) Split players into two teams – Attackers and Defenders, lined up behind two cones. Attackers carry a ball. First attacker and defender run around cone as in diagram and into the grid. The attacking player has to get past the defender without being touched, and score a touchdown over the line. Those two players then go to the back of the 'opposite' line. Repeat with other players. Teaching Points: running with the ball, defending (reading the attacker), evasion, putting the ball down over the line</p>	
4.00pm	<p>Finish</p>	